

IL-MUSBIEH

MALTA UNION OF MIDWIVES AND NURSES

Harġa Nru. 13 • April 2001

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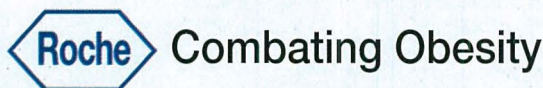
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L-ewwel u qabel kollox, ghand McDonald's naċċertaw li l-prodotti li noffru lill-klijenti tagħna jkunu mharsa u ta' l-aqwa kwalità. Nużaw biss ingredjenti u prodotti li jissodisfaw l-ogħla kriterji ta' kwalità u li huma uffiċjalment approvati, kemm mill-awtoritajiet lokali, kif ukoll minn dawk ta' l-Unjoni Ewropeja.

Il-Hamburgers ta' McDonald's huma maghmulin 100% miċ-Ċanga u xejn iżjed. Minn dejjem użajna Ċanga mehuda mill-muskoli, maqtugħa bl-idejn minn ma' l-ispalla, l-koxxa u l-falda. Dan huwa l-laham li ghand McDonald's dejjem użajna biex niproduċu l-hamburgers. Ma jintużaw qatt fdalijiet ta' laham li jibqgħu żejda waqt l-ipproċessar.

L-'Isteering Committee' xjentifiku ta' l-Unjoni Ewropeja stqarr minghajr riservi li wiehed jista joqgħod moħhu mistrieh meta jiekol Ċanga li hija dejf. Esperti u xjenzjati oħrajn, fosthom l-Organizzazzjoni Dinjija tas-Saħħa, ukoll isostnu li ma hemm ebda raġuni għalfejn wiehed m'għandux jiekol minn din it-tip ta' Ċanga.

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Ahna nahdmu mal-fornituri tagħna biex naċċertaw li tul il-proċess kollu tal-produzzjoni jiġu mharsa l-proċeduri kollha possibbli li jassiguraw ikel ġenwin ta' l-aqwa kwalità. Biex inkunu certi minn dan, għandna sistemi stretti ta' ċekkjar kemm interni, kif ukoll esterni. EFSIS hija entità indipendenti li tiehu hsieb tara li l-fornituri tagħna jharsu bir-reqqa r-regolamenti kollha meħtieġa u tiċċertifika l-kwalità u l-ġenwinità tal-prodotti li nservu u s-sistemi li jassigurawhom.

Il-hamburgers li nagħmlu nagħmluhom sew.

McDonald's™ Informs You On Our Beef Patties

Today, more than ever, you have the right to know about the beef that you find at McDonald's.

McDonald's highest priority is for the safety of our customers. We only use products or ingredients that fully meet the highest standards of quality and are officially approved by all relevant national and EU authorities.

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The EU Scientific Steering Committee has clearly stated that lean, muscle meat is safe to eat. Other experts and scientists, including the World Health Organization, have also established that these cuts of meat are safe.

Through our suppliers, **McDonald's has 100% traceability** back to the origins of the animals. For each product we know the origin, history, transportation conditions and how it is prepared, from farm to restaurant.

We work closely with suppliers to ensure that the highest food quality and safety procedures are in place throughout the production process. In order to certify these high standards we use an extensive internal and external auditing system. EFSIS, an external and independent body, regularly audits our suppliers practices and certifies our quality and safety system.

We do hamburgers and we do them well.



IL-MUSBIEH

Nru.: 13

April 2001

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Set & Printed: A&M Printing Ltd. - 553217

Ċirkulazzjoni: 2000 kopja

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Editorjal

Sena ġdida...l-istess problemi

Is-sena 2001 reġġet bdiet bħas-sena 2000 bis-swali ta' l-isptar ippakkjati bħas-sardin. U dan kollu wara li s-sena l-oħra tgħidx kemm saru wegħdi li din hi sitwazzjoni ta' ftit żmien. Pero ix-xhur issa qed igerrbu u s-sitwazzjoni qed tigrava. Donnu sar biss paroli mill-awtoritajiet biex din is-sitwazzjoni titranġa jew tittaffa. Kollu blalen tas-sapun il-kliem li jintqal għax meta niġu għal fatti naraw biss il-kuntrarju.

Donnu in-nurses biss iridu jharsu lejn il-pazjent bħala persuna għax l-awtorità numri biss tara, u ma jimpurtahix jekk is-sodda hiex f'kuratur jew fejn support. Forsi għax l-awtorità is-sodod tagħhom qatt ma jkun f'kuratur?

Xi ngħidu għas-servizz li aħna n-nurses qed nagħtu? Dan jista' jingħata kif support jekk għal kull nurse hemm 10 pazjenti? Is-saħħa tan-nurses jimpurtah xi hadd minnha? Jew l-aqwa li jsir ix-xogħol u sakemm ma jinqala xejn kollox sew? In-nurses għandhom id-dritt li jeseġwixxu x-xogħol tagħhom kif support biex ma jbati hadd. Iva n-nurses qed ibatu minħabba nuqqas ta' serjeta mill-awtoritajiet koncernati u dan qed jikkawża stress bla bżonn kemm lil pazjenti kif ukoll lin-nurses.

Is-swali fl-isptar mhux qed iservu għal użu propju tagħhom. Huma hafna dawk li qed jistennew biex imorru f'residenza jew oħra ta' l-anzjani. X'qed isir biex is-swali ma jibqgħux jintużaw bħala *waiting area*? L-eta' ta' kemm wiehed jgħix qiegħda dejjem tikber, allura ser nibqgħu hekk?

Ir-responsabilità hija ta' kulhadd, li l-pazjenti jiehdu l-kura meħtieġa kollha, mingħajr ebda distinzjoni ta' klassi. Hadd m'għandu dritt għax hu moqdi ma jaġħtix każ tal-bżonnijiet neccessarji tal-pazjenti. Għal pazjenti huma responsabbli n-nurses u t-tobba, biex jiehdu hsiebhom imma r-responsabilità hija ta' l-awtorità wkoll biex tara li l-pazjent għandu post xieraq fejn jiġi kkurat, mingħajr ma neħhu d-dinjità ta' bniedem. ●

*Il-Bord Editorjali
 jixtieq lill-membri
 u qarrejja kollha
 l-Għid
 it-Tajjeb*



■ Messaġġ mill-President

Gheżież Membri,

Bdejna sena ġdida, is-sena 2001, u mhux talli s-sena l-oħra ccelebrajna millenju ġdid iżda issa bdejna wkoll innaqqu minnu. Din is-sena tfisser haġna għall-Union għax propju f'Settembru se niċcelebraw il-hames sena mit-twaqqif ta' l-MUMN. Ilna hames snin u qisu l-bierah. Niftakar meta l-tqajna l-ewwel darba fid-19 ta' Settembru, 1996 f'Haż Zabbar u ddikjarajna b'mod ufficjali l-eżistenza u l-bidu ta' l-MUMN.

Kien hemm minn haġeb li din kienet se tkun biss haġma u tispicca qabel tibda u kien hemm ukoll min qal li n-Nurses u l-Midwives ppruvaw kemm il-darba jiffurmaw Union iżda kollu għal xejn u dan ser tkun biss attentat ieħor. Iżda f'wiċċhom baqa'. L-MUMN baqgħet għaddejja u minkejja li għaqdiet, li suppost jgħaqqdu l-haddiema għamlu biss xkiel, dan kien kollu għal xejn, għax kulljum din il-Union tagħna dejjem tissaħħaħ u tkabbar in-numru tal-Membri fi hđanha. Huwa unur kbir għalija li għandi x-xorti li kont magħżul minnkhom bhala l-President tal-Union sa mill-bidu nett u dan jobbligani sabiex naqdi d-dmir tiegħi lejali lejkom u lejn il-professjonijiet li nrrapreżenta.

Iżda l-MUMN hija b'saħħitha għax mhiex magħluqa biss fil-Kumitat Eżekuttiv iżda f'partecipazzjoni shiħa vicin tal-Membri tagħha li huma intom. Dan isir permezz tal-Group Committees li l-Union għandha f'kull Sptar u Centru tas-Saħħa. Fil-fatt bhaliħsa l-MUMN għaddejja f'process sabiex jiġu fformati dawn il-Group Committees mill-ġdid u b'hekk qed isiru elezzjonijiet f'kull Sptar biex intom tellegġu r-rappreżentanti tagħkom. B'hekk il-Union tibqa' vicin tagħkom u t-tmexxija tal-Union permezz ta' dawn il-Kumitati hi f'idejn il-Membri kollha. Dawn ir-Rappreżentanti għandhom l-obbligu li jgħinukom u jiddefendukom u permezz tagħhom inkunu nistgħu nfaħslu l-ħtiġijiet tagħkom il-Membri u nkunu f'pożizzjoni li ngħamlu t-talbiet li verament tixtiequ jsiru għalikom. L-appell tiegħi għal darba oħra hu sabiex tgħamlu użu minn dawn il-Group Committees u turu fiducja shiħa bhala ma qed juri l-Kumitat Eżekuttiv f'dawn in-nies li bla interessi personali qed jgħinu biex l-MUMN tkompli tikber u b'hekk il-professjonijiet tal-Midwives u n-Nurses ikomplu jiżvillupaw.

L-MUMN din is-sena tgħalaq haġes snin u propju f'Settembru ser issir ġimgha ta' attivitajiet varji sabiex jiġi ccelebrat u mfakkar dan l-anniversarju.. Fost affarjiet oħra l-MUMN ser tintroduci l-famuż '*Benevolent Fund*' u dan ser ikun taħt il-Patruċinju tal-President ta' Malta. L-għan ta' dan il-Benevolent Fund hu sabiex inkatru l-element ta' fratellanza bejnietna u ngħinu lil xulxin meta fil-bżonn. Għaldaqstant nieħu l-opportunità sabiex nrringrazzja lill-E.T. l-President tar-Repubblika li aċċetta mingħajr riservi sabiex propju fit-19 ta' Settembru, jiddikjara ufficjalment miftuħ dan il-Fund u fl-istess waqt jonorana bil-preżenza tiegħu.

Jiena ngħalaq billi nawguralkom l-Għid it-Tajjeb lilkom u lil familjari tagħkom u nawgura hidma kontinwa sabiex inkomplu nsahħu l-għaqda ta' bejnietna.

Rudolph Cini

■ Kelmtejn mis-Segretarja Finanzjarja

Gheżież kollegi,

Nibda billi nesprimi is-sodisfazzjon tiegħi li propju fl-gheluq il-hames sena mit-twaqqif ta' l-MUMN jiena nagħmel parti mill-Kumitat Eżekuttiv u saħansitra ninsab inkarigata mill-finanzi tal-Union. Hawnhekk nieħu l-opportunità biex nirrigrazzjakom tal-fiducja li urejtu fija fl-elezzjoni għall-Eżekuttiv tal-MUMN. Minkejja ir-rwol diffiċli li ninsab inkarigata namministra, qed nipprova nagħmlu b'impen u bi skop biex il-fondi tal-Union jissahhu.

Bi-pjacir inħares lejn l-ewwel sena tiegħi fl-Eżekuttiv tal-MUMN bħala waħda dinamika u bi żviluppi posittivi, tant li matul dan iż-żmien ġiet introdotta s-sistema ta' ħlas tas-shubija bid-'direct debit'. Tajjeb li tkunu tafu li bħalissa għandna madwar 480 'direct debit mandates' iffirmata mill-membri fejn jagħtu l-awtorizzazzjoni lil banek (BOV, HSBC, APS u Lombard Bank) biex l-MUMN tkun tista' tiġbed il-ħlas tas-shubija ta' kull membru b'mod elettroniku. Dan huwa ta' sodisfazzjon għalina speċjalment meta urejtu din il-fiducja.

Minħabba li l-MUMN hija Unjoni Tredjunistika kif ukoll professjonali, għax hekk titlob il-professjoni tagħna, kemm bħala infermieri kif ukoll bħala Midwives, qed tħallas affiljazzjonijiet mal-Public Service International, mal-European Federation of Public Services Unions, man-National Council of Women u mal-International Council of Nurses. Kif tistgħu tapprezzaw, dawn l-affiljazzjonijiet flimkien mat-tmexxija tal-ufficini li għandha l-Union b'mod partikolari l-ufficju centrali tal-Fgura, jinvolvu spejjeż kbar. Dawn l-ispejjeż jistgħu jiġu ssuperati biss bl-għajjnuna tagħkom billi tħallsu il-menswalita' b'mod regolari, għax dan huwa l-unika mezz ta' dħul għall-MUMN.

Infakkarkom li l-ispejjeż tal-kontijiet bħal tat-telefon, 'faxes', dwal, l-avukat u l-awditur dejjem qed jgħolew. Għalhekk il-Kumitat Eżekuttiv iddecieda li jirrevedi il-miżata tal-Union b'effett mill-ewwel ta' Gunju 2001, kif ġej :- miżata regolari; minn Lm 10 għal Lm 12, miżata ta' koppja; minn Lm 15 għal Lm 18. miżata ta' Lm 20 se ssir Lm 24 valida għal sentejn u sitt xhur (sitt xhur b'xejn).

Ta' min wieħed jinnota li minn jiddeciedi li jħallas bid-'direct debit' ikun qed jiffacilita il-ħajja tar-rappreżentanti u b'hekk ikunu jistgħu jiddedikaw aktar ħin għad-diffikultajiet li jkollhom il-membri fuq il-post tax-xogħol. Għalhekk il-Kumitat Eżekuttiv iħoss li daww il-membri li qegħdin bis-sistema ta' 'direct debit' jew inkella daww li jiddeciedu li jidhlu f'dan is-sistema, il-miżata tibqa' kif kienet qabel, jiġifieri Lm 10 fis-sena u Lm 15 fil-każ ta' koppja. Nitlobkom tifhmu l-importanza ta' dawn il-miżuri u nhegġiġkom sabiex tużaw is-sistema ta' 'direct debit' biex barra li tgħin aktar fit-tmexxija tal-MUMN, tiffirankaw fil-miżata.

Dejjem Tagħkom,

Mary Ann Bugeja

MUMN ~ SEDQA

L-Aġenzija Sedqa flimkien ma' l-Malta Union of Midwives & Nurses se jorganizzaw courses bil-ghan li n-Nurses u l-Midwives jkomplu jitharrġu fil-qasam ta' kura lill-pazjenti li jkunu qed jiġu rikoverati wara problemi ta' 'alcohol' u droga. Dawn il-kundizzjonijiet qed isehhu b'mod regolari fl-Isptarijiet u c-Centri tas-Sahha f'pajjiżna. Ahna nafu li dawn il-problemi huma realta' u għalhekk hassejna l-htieġa li nhejju 'courses' fuq dawn il-materji.

Dawn il-courses se jdumu 8 ġimgħat, darba fil-ġimgħa, sagħtejn kull darba (12.00p.m.- 2.00p.m.). Il-postijiet se jiġu deciżi hekk kif nircievu l-applikazzjonijiet biex inkunu f'pożizzjoni li nsibu postijiet centrali u vicin tagħkom kemm jista' jkun possibli. Id-Divizjoni tas-Sahha accettat it-talba ta' l-MUMN biex min jinzerta xogħol ikun jista' jattendi l-kors bil-kundizzjoni li s-servizz fuq il-post tax-xogħol ma jiġix mfixkel.

Il-ħlas għal dan il-kors se jkun ta' Lm2 biss, għal min hu membru u Lm15 għal min mhux membru jew mhux aġġornat fil-ħlas. Kull min hu interessat għandu jimla' din il-parti ta' hawn taht u flimkien ma cekk ta' Lm2 jew Lm15 jibghata f'dan l-indirizz : MUMN, 31, Vjal il-Kottoner, Fgura, PLA 17 sa mhux aktar tard mill-20 ta' Mejju, 2001.



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International Skin Care Nursing Group — ISNG

By: Corinne Scicluna

The International Skin Care Nursing Group (ISNG) was initiated in 1998 by a group of nurses in Oxford, England who had concerns about skin care provision globally. Their view, that there was a need for consensus on issues related to nursing people with compromised skin function, has been ratified in a number of different quarters. The group is primarily about networking and influencing policy, practice, research and education. Since 1998 the group has been involved in a number of activities aimed at attracting nurses from different parts of the world to communicate with one another.

At the beginning of last year, I was approached by this group to become a member of their advisory committee. It was a great challenge for me to accept this offer because I felt I did not have the necessary experience required. However, today I am glad I did. This opportunity has provided me with a global understanding of nursing and also of skin care issues.

The key areas of work has been established as follows:

- ☛ The provision of education
- ☛ Facilitation of nursing networks
- ☛ Working on skin care projects
- ☛ Promoting and developing a political function of the group

The provision of Education

One of ISNG's aims is to increase the level of knowledge on Skin Care. There are only a few courses in Dermatology and Skin Care that are available to nurses and other health care professionals. Therefore, ISNG is trying to establish a database on available courses on this subject to provide interested nurses with relevant information on how they could further their knowledge and experience. The group is also linked with the Commonwealth Health Secretariat who is in the process of harmonizing nursing programmes in Commonwealth Africa. A conference is planned to be held next November in Moshi, Tanzania.

Facilitation of Nursing Networks

ISNG is also responsible for a network facility. The network continues to grow and despite technical hitches the database is now functioning. Several links have already been made with our group. Now we have formal links with the Dermatology Nursing Association, the East, Central and Southern African College of Nursing and the International Council of Nursing. The group's research nurse is also planning an educational trip to Malta. A seminar is hoped to be held in the near future on skin care. This will provide an opportunity for all nurses to become more aware of their clients' skin care needs.

A workshop has been organized at the World Congress of Dermatology in Paris – this is entitled 'The role of the Dermatology Nurse'. I will hopefully be presenting a paper in this conference. Again this is an innovative event since nurses and doctors will be listening and learning from one another in a conference that was originally set up for doctors and dermatologists.

Working on skin care projects

ISNG is now part of a Global Alliance of governmental and non-governmental organizations committed to eliminating Lymphatic Filariasis (LF) by the year 2020. The work on the LF project has moved significantly in Moshi, Tanzania.

LF is a disease that affects 120 million people in 80 countries with around 1 billion people being at risk of contracting the disease. The International Task Force for Disease Elimination has identified LF as one of the 6 infectious diseases that is possible to eliminate. The disease is transmitted by mosquitoes and is only found in humans – animals are unaffected. The disease can be prevented from being transmitted by giving a drug yearly over 4-6 years which kills the microfilarae thus preventing them from being spread to other humans by mosquito. Although the drug can effectively kill the microfilarae they do not reduce the associated swelling which affects 10% of the population in endemic areas. The swelling is caused by recurrent inflammatory

responses caused by bacteria and fungi. It has been shown that meticulous skin hygiene, elevation and exercises can have a large beneficial effect on reducing swelling. This morbidity control improves the immediate quality of life for those with LF.

It is in this area of skin hygiene and patient education that the ISNG has become involved. The group will be offering advice about a teaching package for effective skin hygiene measures and will be at the forefront of research into areas associated with this.

Political function of the group

The group continues to try and raise the profile of ISNG and it's work at international level. The LF is a high profile public health project and is an

excellent example of how the ISNG can impact on policy and practice at the highest level. Many of the lessons learnt from this project about basic skin care and community involvement will be transferable to other projects in the future.

The group also aims to submit papers in journals and encourage group members to participate in conferences both in general nursing and in Dermatology. Till now we have published a paper in the International Nursing Review, the Journal of the Royal Society for the promotion of Health and the British Journal of Dermatology Nursing.

If you are interested in this work and/or would like to receive more information please contact Corinne Scicluna at: Dermatology Department, Sir Paul Boffa Hospital, Floriana or email on: corpev@yahoo.com

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■ Kelmtejn mis-Segretarju Ġenerali

Bhal dan iz-zmien sena kien ġie elett Kumitat Ezekuttiv ġdid b'mandat għal tlett snin. Dan nista' ngħid li rranka ġmielu tant li lesta affarjiet aktar milli kien ippjanat. Il-ħidma ko-ordinata li tezisti bejn dan l-Ezekuttiv qisa ilha hemm għal tul ta' zmien u mhux ta' sena waħda. Issa jmiss li nsahħu il-Group Committees f'diversi Sptarijiet u Centri tas-Saħħa. Dawn huma l-aktar persuni li jkunu vicin il-membri u xogħolhom huwa delikat għaliex waqt li jkunu huma ta' l-ewwel li jressqu il-problemi għand l-amministrazzjoni, iridu jzommu kuntatt dirett mal-Ufficjali ta' l-istess Union biex kif jinħass il-bzonn jintervjeni wkoll il-Kumitat Ezekuttiv.

Dawn il-Group Committees, din is-sena waslitilhom l-elezzjoni tagħhom ukoll. Huwa mportanti li l-Group Committee igawdi il-fiducja ta' shabhom li jaħdmu magħhom fl-istess Sptar jew Centru tas-Saħħa. Sakemm jiġi ppubblikat dan l-artiklu, ikun ġa ġie mħabbar ir-rizultat ta' l-elezzjoni tal-Group Committees ta' l-Isptar Zammit Clapp, tar-Residenza San Vincenz de Paule, u għall-ewwel darba, tal-Midwives. Nieħu l-opportunita' sabiex nagħmel enfasi fuq l-importanza ta' dawn il-Group Committees u nhegġeġ lil hafna biex joħorġu fuq quddiem biex jikkontestaw għall-elezzjonijiet.

Bhal ma għidt qabel, f'artikli precedenti, qed tiġi diskussa liġi ġdida msejħa 'Health Care Professions Act' biex tieħu post il-'Medical and Kindred Professions Ordinance'. Din il-liġi hija pass fid-direzzjoni t-tajba, però għad baqa punt

kruċjali, li għadna ma lhaqniex ftehim fuqu u jidher li ġej ftit fit-tul. Dan huwa l-ġhoti tal-'Warrant' mill-President tar-Repubblika lill-iStaff Nurses. Għalina dan huwa punt kardinali u jista' jgħati l-kaz li jekk l-affarjiet jibqgħu ma jiccarawx, tissejjaħ laqgħa għall-iStaff Nurses.

Bhalma hafna minnkom tafu, is-sena diehla irid jidhol fis-seħħ 'Collective Agreement' ġdid. Il-Kumitat Ezekuttiv diġa, kemm internament u kif ukoll ma l-MPO zamm diversi laqgħat. Din id-darba rridu noqgħodu attenti biex ma jiġrlniex bħall-aħħar Riforma tal-1993, fejn b'hafna għaġla zejda iz-zewġ Unions kienu ffirmaw minn ta' l-ewwel nies biex wara kullhadd rikeb il-karru tagħna u spiccajna l-aġar li morna. Għaldaqstant din id-darba rridu nzommu f'moħħna dan kollu u ma ngraġlux. L-importanti li dak kollu li jinkiseb jingħata lilna b'effett retroattiv minn Jannar, 2002.

Wiehed mill-aktar għanijiet nobbli li jrid jintlaħaq din is-sena huwa l-bidu shiħ tal-Benevolent Fund. Dan huwa proġett li ilu f'moħħna mill-bidu li bdejna u li issa jidher li qeġħdin dejjem noqorbu lejħ. Kull darba li nisma' (u f'dawn l-aħħar xhur smajt hafna) kazijiet ta' mard fostna n-Nurses u l-Midwives, aktar nikkonvincu ruħna li dan il-Fund irid jibda' illum qabel għada.

Għal illum se nieqaf hawn izda qabel irrid nawgura l-festi sbieħ ta' l-Għid il-Kbir lilkom u lil familji tagħkom kollha.

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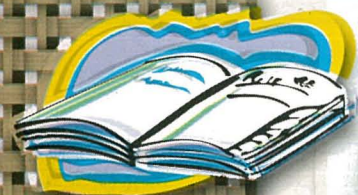
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Mid-Djarja Tagħna



Att Nobli minn Ann Carruthers

Ta' minn ifahhar l-ghajnuna kollha li n-Nurses u l-Midwives taw lil Sarah Jane Spiteri f'mumentu diffiċli speċjalment in-Nurses u l-Midwives tal-Gynaecology Ward. Fir-ritratt jidher każ tipiku meta Ann Carruthers, Staff Nurse, qaxxret xagħra sabiex tghin halli jingabru fondi għal Sarah Jane ta' tlett snin. Minn jixtieq jikkontribwixxi jista' jagħmel dan permezz ta' kont fil-BOV Acc. No. 40010302790. Grazi bil-quddiem.



Iffirmat l-Ewwel Collective Agreement tan-Nurses fl-Isptar Zammit Clapp

Fis-27 ta' Diċembru, 2000 gie ffirmat l-Ewwel Collective Agreement f'isem in-Nurses ta' l-Isptar Zammit Clapp. Dan gie ffirmat bejn il-Hospital Management Committee ta' l-Isptar u l-Administration tal-Union. Dan il-Ftehim wasal wara sensiela ta' laqgħat kemm ma l-Management kif ukoll, l-aktar importanti, ma l-istess Nurses li jahdmu fl-Isptar Zammit Clapp. L-MUMN ma setgħetx tghati l-gal isbah minn dan lill-Membri tagħha f'dan l-Isptar. Prosit u Awguri speċjalment lil Group Committee ta' dan l-Isptar immexxija b'mod eċċellenti miċ-Chairman, is-Sur Anton Cini. Fir-ritratt mix-xellug, Prof. Fredrick Fenech, Chairman, Hospital Management Committee, il-President, is-Sur Rudolph Cini u s-Segretarju Ġenerali s-Sul Colin Galea.



Preparazzjoni sabiex l-MUMN isir Membru fl-ICN

F'Ottubru tas-sena l-oħra Ms. Judith Oulton, Chief Executive Officer ta' l-International Council of Nurses, żaret l-MUMN bi preparazzjoni sabiex l-MUMN issir Membru fl-ICN. Bħala parti mill-programm ta' din iż-żjara, l-MUMN laqgħat lil Ms. Oulton ma' l-Onor.

Ministru għas-Sahha,
Dr. Louis Deguara.

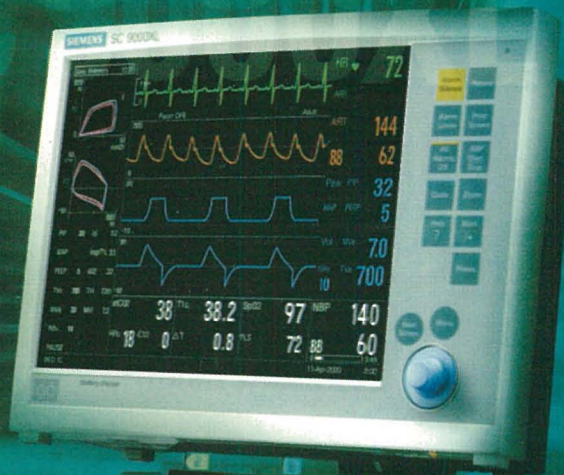


Paul Bezzina Shield

Għat-tieni sena konsekuttiva l-Kumitat Eżekuttiv hatar "ad hoc" Committee biex janalizza liema Group committee l-aktar li hadem u stinka favur il-Membri tal-Union. L-'ad hoc' Committee kien iffurmat mis-Sur Paul Bezzina, is-Sinjura Denise Zammit u s-Sinjura Doris Debono. Kif qal is-Sur Bezzina stess, fl-awgurazzjoni tax-Shield fl-attività lil-Union organizzat għall-żmien l-Milied, "ma kienitx haġa faċli li l-Kumitat jagħmel l-ghażla finali tiegħu, għax fl-opinjoni tagħna l-Group Committees kollha għamlu l-almu tagħhom. Però żgur li hadd ma jista' jinnega x-xogħol tremend li għamel il-Group Committee ta' l-Isptar Monte Carmeli fejn din is-sena baqqa sa llum stess jorganizza u jinkoraġixxi l-Membri tal-Union biex jibqgħu sodi fil-prinċipji tagħhom".

Prosit tassew. Għaldaqstant f'isem il-Bord Editorjali nixtiequ nifirhu lil Group Committee ta' l-Isptar Monte Carmeli għar-rebħ tal-'Paul Bezzina Shield' għas-sena 2000. Fir-ritratt jidher, mill-lemin għax-xellug, is-Sur Bezzina jipreżenta x-Shield lis-Sur Nicholas Cassar, Chairman tal-Group Committee, MCH u warajh il-Viċi-Chairman, is-Sur Raymond Galea, fil-preżenza ta' l-Administration ta' l-Union.

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Id-drittijiet u d-dmirijiet huma l-hobza ta' kuljum

Id-drittijiet u d-dmirijiet jorqdu u jqumu magħna. Nistgħu norqdu niġġieldu unqumu niġġieldu. Kulhadd jiġġieled għad-dritt tal-libertà, għad-dritt tal-ħajja, u drittijiet oħra tant importanti għad-dinjità tal-bniedem.

Hawnhekk tajjeb li nindunaw u li ninnutaw li aħna qed ngħixu f'socjetà mgħaġġla ħafna u l-bniedem jinsa jew aħjar ma jagħtix każ tad-drittijiet ta' ħaddiehor. Id-dmir ta' kull persuna hawn jidhol, u hawn jitlob ir-responsabilità u l-maturità tal-persuna umana li jagħmluha persuna shiha, kompleta fil-milja tagħha, speċjalment aħna li mhux biss għandna l-familji tagħna iżda aħna li ta' kuljum inħabtu wicċna ma'persuni bi tbatija. Dawn ukoll għandhom id-drittijiet u d-dmirijiet tagħhom.

Fill-fatt insibu diversi fatti li huma ta' eżempji kbar u cari. Fost l-oħrajn tiltaqa' ma persuni – ħaddiema li ma jkunux responsabbli, li

jabbużaw mill-posizzjoni tagħhom. Tiltaqa' ma ħaddiema oħra li jiġu abbużati min shabhom u anke minn pazjenti. Dawn l-abbużi ma jistax ikun li jkomplu għaddejnin. Ma jagħmlu gid lil ħadd, għax kulhadd hu bniedem, kulhadd għandu qalb u kulhadd iħoss il-wegħha.

Dan ifisser li l-peruna li twegġa' trid tfieg ukoll. Jekk tkun persuna – ħaddiem, trid tfieg halli thossha aħjar fil-karriera u l-professjoni tagħha, u hekk tista' tagħmel aktar gid. Waqt li jekk tkun il-persuna marida, flimkien mal-mard fiziku li tkun fl-isptar, biex toħroġ aħjar fil-fejqan, ikollha bzonn tfieg ukoll minn wegħhat li jkunu žiedu minħabba imġieba irresponsabbli. Faċli twegġa' lil dak li jkun. Aħjar toqgħod pass lura u tkun taf x'qed tagħmel u x'ha tagħmel bil-konsegwenzi kollha li jistgħu jinqualghu. Wara, il-fejqan jiġi bil-mod ħafna.

Ta' dan kollu aħna rridu inkunu konxji fl-ambjent ta' fejn qed naħdmu, ma' min qed naħdmu, u lil min qed ngħinu jfieg. Fuq kollox, aħna bnedmin li qed ngħixu f'socjetà, li tajjeb nindunaw li aħna rridu mmexxuha u mhux isocjetà tmexxi lilna.

Fr. John Vella OFM Cap. STh. Lic.
(Pastorale Sanitaria)

IL-PSI u l-ICN jibgħatu Messaġġi ta' Awgurju lill-MUMN

Dear Colin,

What wonderful news! We are very pleased that social dialogue was finally reached and that the conclusions are favourable to Nurses and Nursing. We hope that the precedent for cooperative action is indicative of future negotiations, especially with the reform process underway.

I would very much like to include a short article on the content, process and conclusion of this negotiation in the ICN SEW News, taking into consideration that this is an international audience.

Please transmit our best wishes and congratulations to the members of your Executive Council and staff.

With personal regards,

Mireille Kingma PhD

Consultant

Nursing & Health Policy

International Council of Nurses.

Dear Colin,

Congratulations. We were very pleased to read that an agreement has been reached at Mount Carmel Hospital. It is a great pity that this matter could not have been settled earlier through the process of social dialogue which had been called for by yourselves, the ILO, PSI and ICN. We are pleased that PSI could play a positive role in assisting MUMN. We look forward to our future cooperation.

With best wishes,

Alan Leather,

Deputy General Secretary,

Public Services International.

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One to one communication with a distressed client



Introduction

This study sets out to explore one to one communications with a distressed client. Vascarolis (1994) stated that communication is the medium through which the nursing process is realised. Janosik and Davies (1996) cited Berlo (1960) and described a model of communication, which has five parts: stimulus (referent), sender, message, medium (channel) and receiver. Distress, which is a typical response to crises, is seen to influence the client's behaviour within the therapeutic relationship. The nurse uses a repertoire of skills, which facilitate communication with a distressed client.

Defining distress

Smith (1986) states that when people are distressed they are showing us the mental pain they are experiencing.

Verbally or non-verbally, they convey their anguish. Their loss of composure is a signal to us, they in turn are disturbed by what is bothering them.

(Smith, 1986: 233).

Distress is defined as a considerable mental or physical discomfort, pain or even a need (New Webster's dictionary and Thesaurus of the English Language, 1991). Other words for distress are anxiety, grief, misery, pain, torture, unhappiness, depression, headache and desolation (The Oxford Thesaurus, 1991: 105). These descriptions show that feelings of distress can be mild to very severe. Moreover, distress is a crisis reaction where the crisis is a short period of psychological stress and involves an upheaval in one's life (Wilson and Kniesl, 1996). Distress reaction falls under two major categories: **anticipated**, as is the birth of a baby, which is considered as developmental or **unexpected** as the birth of a Down's Syndrome baby. The latter implies perceived loss of roles (Porritt, 1990).

Responses to crisis

In a crisis situation the distressed client shows preoccupation about the event, feels isolated and distant. The client might be tearful, withdrawn and

unable to think clearly. However, there is an increase in the need for closeness shown by eye contact, touch, standing near, disclosing deep information and using intimate language. The Little Oxford Dictionary (1986) defines intimate as being *of a familial nature* (pg: 285). The person is looking for warmth and comfort where his loss of confidence heightens sensitivity to the judgements of others (Porritt, 1990). The nurse assists the client to find the positive in herself and work with the person's strengths.

A distressed person might also show a random and unexpected behaviour that does not conform to role expectations (Porritt, 1990). This might be seen in the event of a birth, which does not bring the expected happiness to the mother. Significant people in the person's life might influence resolution of crises. They might be tolerant and accepting of distress but might or might not reinforce effective behaviour (Wilson and Kniesl 1996). Finally, the nurse might be a key person who influences resolution of crisis.

The therapeutic relationship

Developing a therapeutic relationship is important to rapport building and is a key skill in nursing (Slade 1992). The therapeutic relationship, unlike the social and intimate relationships, offers the client, an understanding of human behaviours. Together with personal strengths it enhances personal growth in the client (Vascarolis, 1994). Effective communication is the foundation for a therapeutic nurse-client relationship. However, nurses might be in control of the client when they use coercion and deprive the client of her autonomy (McDougall, 1997). Finally, Dexter and Walsh (1996) stated that the nurse must be someone special by utilising her personality in order to give some meaning to the client's life.

Helping the patient

The nurse's role is helping the client to help herself (Porritt, 1990). The first step is to define the actual problem and the nurse encourages the client to

express her emotions, whichever are causing the distress. The client requires **acceptance**, which involves unconditional regard, where the patient is seen as worthy of attention and consideration (Rogers 1965). Burnard (1993) further states that **warmth** involves absence of blame, non-defensiveness and closeness, having respect for the individual's feelings and behaviour. Moreover, the nurse uses **empathy**, which unlike sympathy is responding to the message with understanding and without the need to solve the problem for the client (Porritt). Finally, **trust** is established where the person is able to explore ideas and feelings without fear of judgement (Slade, 1992).

Active listening

Active listening might be of considerable help for persons experiencing distress. It involves listening attentively where the nurse observes the client's verbal and non-verbal messages and responds relevantly. Caring and concern for the client may be communicated by acknowledging understanding of messages (Collins, 1983, cited by Porritt, 1990). The client's attention might also be hindered by his overwhelming feelings (Slade, 1992). Silence encourages the client to communicate, gives the client time to collect thoughts, consider alternatives to problem solve and conveys the nurse's full acceptance of the client (Vascarolis 1996).

Active listening is best accomplished when environmental distractions are minimised. This involves a quiet place and closing the door. It is also important to remember that the distressed person has an increased level of anxiety. Slade (1992) recommends the use of the mnemonic S O L E R, which helps to remind the nurse to face Squarely, adopt an Open posture, Lean when appropriate Maintain good Eye contact and Relax.

Moreover, distance maintained between the two conveys meaning about the degree of closeness desired by the distressed client. The nurse needs to be aware of not violating the client's personal space, by standing too close or by not asking permission to do so. Intrusions into personal space might cause resentment, or even cause panic reactions to an anxious client. The nurse observes clues from the client, which might give permission to break the physical distance further leading to touch (Taylor et al, 1989). Finally, clues might be facial expressions and body movement.

However, verbal messages might disagree with non-verbal signals. When these are not congruent the nurse determines which is the most important message being transmitted (Porritt, 1990). When a client says that he is better today but is pacing up and down the corridor communicates that the client is still anxious.

The tone and decibel level gives information about its meaning and transmits spoken communications for sender and receiver. The client who shouts and the client who whispers divulge considerable information about the meaning of intended message. Finally, Knowles (1985) suggests that nurses can use mirroring the client's verbal and non-verbal behaviour to help the client follow the nurse's lead. For example, the nurse mirrors the behaviour of the anxious client, and then shifts to a more relaxed posture and to a less anxious state.

Conclusion

This study has attempted to explore one to one communications with a distressed client. Definitions of distress were identified, where it was found to be a typical response to crises. Moreover, distress influences the type of relationship between the nurse and the client. Finally, facilitative communication skills are essential to help the client resolve his distress.

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- This paper was set up by **Carmen Galea RMN (FW8)**, **Cettina Cassar RMN (FW2)** and **Claudine Camilleri RMN (FW6)**. These nurses are currently working at Mount Carmel Hospital.

ENTERTAINMENT GROUP COMMITTEE

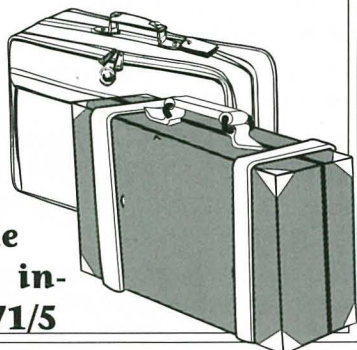
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| <input type="checkbox"/> Il-Ġimgha, 14 ta' Settembru | - | Konferenza Stampa |
| <input type="checkbox"/> Is-Sibt, 15 ta' Settembru | - | Seminar għall-Attivisti tal-Union |
| <input type="checkbox"/> Il-Hadd, 16 ta' Settembru | - | Bar-B-Q ~ Ir-Razzett tal-Hbiberija |
| <input type="checkbox"/> It-Tnejn, 17 ta' Settembru | - | Quddiesa ta' Ringrazzjament |
| <input type="checkbox"/> It-Tlieta, 18 ta' Settembru | - | Gurnata xogħol fid-Dar tal-Providenza |
| <input type="checkbox"/> L-Erbgħa, 19 ta' Settembru | - | Donazzjoni fil-Bank tad-Demm |
| <input type="checkbox"/> L-Erbgħa, 19 ta' Settembru | - | Lunch – Tal-Familja Restaurant |
| | | Apprezzament lil Sr. Aldeconda |
| | | Donazzjoni lil Eden Foundation |
| | | Fil-ġurnata propja ta' l-Anniversarju se jiġi |
| | | organizzat Cocktail Reception – Hilton Malta fil-preżenza ta' l-E.T. President ta' Malta, |
| | | Prof. G. de Marco fejn se jiġi ddikjarat ufficjalment miftuħ il- Benevolent Fund . |

Wara is-success li kellna is-sena l-oħra, l-Entertainment Group Committee se jerga jorganizza kemm l-attività ta' l-Splash & Fun kif ukoll id-dawra bid-dgħajsa ta' madwar Kemmuna u Ghawdex, fuq talba ġenerali.

Il-Malta Union of Midwives & Nurses laħqu ftehim ma **ATV Travel** fejn il-Membri kollha aġġornati fil-ħlas se jkunu ntitolati għal Discounts fil-prezz tal-biljetti kemm ta' l-ajru kif ukoll tal-Cruises. Kull minn hu interessat għandu jikkuntattja lil **Claudette Mifsud** fuq in-numru: **345271/5**



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Tal-Familja Restaurant
huwa wiehed mill-ahjar Restaurants f'pajjiżna.*

New Faces on the educational committee of MUMN

Last September, the educational and International role of the Nurses' Association of Malta (NAM) was handed over to the educational committee of MUMN. Some members of the executive council of NAM

joined the already existing educational body. Therefore, the committee now consists of Tony Bugeja, Helen Zammit, Dorothy Bonello, Reggie Aquilina, Nathalie Zammit and Corinne Scicluna. Mr. Effie Ciantar and Miss Mary Borg resigned from their post for personal reasons. We take this opportunity to thank them for their valuable contribution to this group.

The MUMN is now affiliated with the International Council of Nurses (ICN) and the Commonwealth Nurses Federation (CNF) – two groups that originally were

affiliated with NAM. The educational committee keeps close liaison with ICN and CNF and plans to inform all our members of any arising matters that might be of interest to them. At present the ICN is to hold their biannual conference next June in Denmark. The CNF is also planning another conference in Cyprus in 2002. Anyone interested in these activities may either contact the Union or any member of the educational committee.

Corinne Scicluna
**Chairperson
Educational Committee
(MUMN)**



**Are you
average?**

If you are an adult of average weight, this what you accomplish in 24 hours:

- Your heart beats 103,689 times.
- Your blood travels 168,000,000 miles
- You breathe 23,040 times.
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- You eat 3 and 1/4 pounds of food.
- You drink 2.9 quarts of liquids.
- You lose 7/8 pounds of waste.
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- Your nails grow 0.01714 inches.
- You exercise 7,000,000 brain cells.

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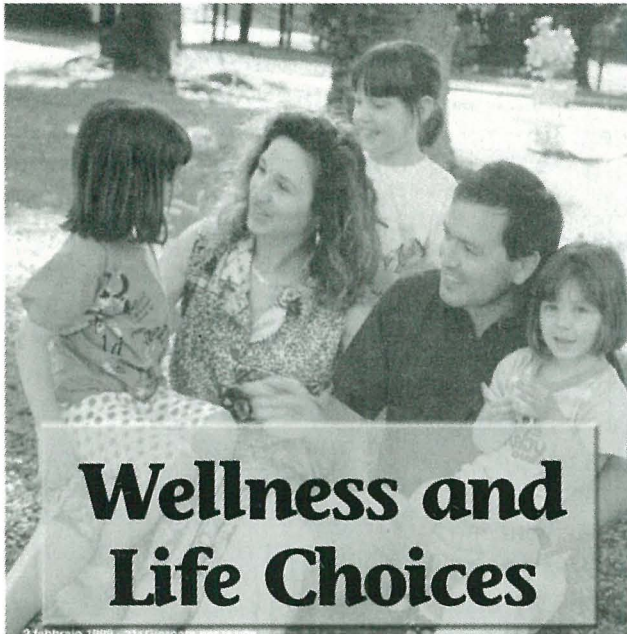
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In the last publication of "Il-Musbieh", I presented an overview of the various dimensions of health and wellness. Today, I am writing about the wellness lifestyle.

Although you might readily say that you desire the state of wellness as a personal goal, many of us have experienced frustrations and discouragement in attaining this goal. Wellness is not something that merely happens to you. It is the result of being consciously aware of what your physical and psychological well-being entails and making a commitment to wellness. Wellness is more than the absence of illness. In many ways, the medical model ignores wellness and focuses on the removal of symptoms, which result in a negative view of health. Relatively few physicians ask their patients questions about aspects of their lifestyles that may have contributed to their health problems.

An honest examination of the choices you are making about your body and the overall wellness can reveal a great deal concerning your feelings about your life. If you are not taking care of your body, what beliefs and attitudes may be getting in the way? What resources do you require to begin modifying those parts of your lifestyle that affect your bodily well-being?

Dantelle, Snow-Harter, and Wilcox (1995) state that if you are living a wellness lifestyle you are moving toward more deliberate, conscious actions to create the best self possible within

the limitations of your situation. They emphasise three aspects that characterise a wellness lifestyle:

- assuming personal responsibility for your actions and the quality of your health
- having a genuine concern for others and being tolerant of imperfections in others
- being willing to devote time and energy to developing a sound basis for making good decisions about health

And what are the benefits of adopting a wellness lifestyle? Donatelle and her colleagues (1995) list these important long-term benefits:

- improved cardiovascular efficiency
- increased muscular tone, strength, flexibility, and endurance
- reduced risk for injuries
- improved sense of self-control, self-efficacy, and self-esteem
- improved management and control of stress
- improved outlook on life
- improved interpersonal relationships
- decreased mortality (death) and morbidity (illness) from infections and chronic diseases

It is clear that wellness is a lifestyle choice rather than a one time decision. Wellness is a process that involves identifying personal goals, prioritising your goals and values, identifying any barriers that might prevent you from reaching your goals, making an action plan, and then committing yourself to following through on your plans to reach your goals.

The essence of wellness is captured in these brief statements:

- Wellness is a choice - a decision to make toward optimal health.
- Wellness is a way of life - a lifestyle you design to achieve your highest potential for well-being.
- Wellness is a process - a developing awareness that there is no end point but health and happiness are possible in each moment, here and now.



- Wellness is an efficient channelling of energy - energy received from the environment, transformed within you, and sent on to affect the world outside.
- Wellness is the integration of body, mind, and spirit - the appreciation that everything you do and think and feel and believe has an impact on your state of health.
- Wellness is the loving acceptance of yourself.

Schafer (1992) describes wellness as living at your highest possible level as a whole person. His guiding philosophy about wellness can be summarised in these four suggestions:

- Allow yourself to have visions and dreams, some of which have social significance or will benefit others in significant ways.
- Be willing to work hard, sometimes with others, to make these dreams and visions a reality.
- Balance hard work and play, care of the body and spirit, and intimate relationships.
- Enjoy the process of living.

References

Donatelle R., Snow-Harter C., & Wilcox A. (1995) Choices for health and fitness Redwood City, CA: Benjamin/Cummings.

Schafer W. (1992) Stress management for Wellness 2nd edition, Orlando, FL: Harcourt Brace Jovanovich.

Critical thinking about wellness:

Wellness means different things to different people. When you think of wellness, what aspects of your life do you most think of? Look at what you are doing to maintain a general state of wellness. How much of a priority do you place on wellness? What can you improve on (e.g. diet, exercise, relationships, relaxation)? Seek professional support if need be.

Therese Bugeja SRN, B Sc (Hons. Nursing), PQD (education), MHSc
Lecturer in Nursing Studies, Institute of Health Care University of Malta



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Lament

I never get mad; I get hostile,
 I never feel sad; I'm depressed.
 If I sew or I knit, and enjoy it a bit,
 I'm not handy; I'm merely obsessed.
 I never regret; I feel guilty.
 And if I should vacuum the hall,
 Or the sofa and such, and not mind it too much,
 Am I tidy? Compulsice, that's all.
 If I don't like your hat, it's sex conflict
 (And aversive reactin to net?)
 I never get worried or nervous or hurried -
 Anxiety - that's what I get.
 If I'm happy, I must be euphoric.
 if I go to Axis Disco or a Rave party
 And have a good time, making puns or a rhyme,
 I'm a maniac - or may be a "Schiz".
 If I think the bus driver was nasty,
 I'm just paranoid, clear as can be,
 If I take a neat drink without stopping to think -
 Alcoholics Anonymous that's me.
 If I tell you you're rigvht, I'm submissive;
 Repressing aggressiveness, too.
 Should I once disagree, I'm defensive, you see,
 By projecting my symptoms on you.
 I love you., But that's just the transference,
 With Oedipus rearing his head.
 My breathing asthmatic is psychosomatic -
 It's a fear of exclaiming, "Drop dead".
 I'm no lonely; I'm simply dependent;
 And my he-manlky mo' masks a tic
 So I look like a cd? Never mind, just be glad;
 I'm not really a stinker - I'm Sick!

A. Sciberras

How do we measure?

Foot: the length of Charlemagne's foot, modified in 1305 to be thirty-six barley corns laid end to end.

Inch: the width across the knuckle on King Edgar's thumb, or, obviously, three barley corns.

Yard: the reach from King Henry I's nose to his royal fingertips, a distance twice as long as a cubit.

Cubit: the length of the arm from the elbow to the fingertips.

Mile: one thousand double steps of a Roman legionary. Later Queen Elizabeth I, added more feet so the mile would equal eight furlongs.

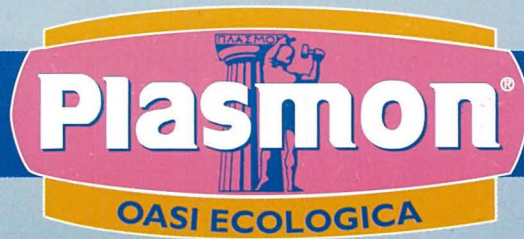
Furlong: the length of a furrow that a team of oxen could plough before resting.

Acre: the amount of land a yoke of oxen could plough in one day.

The metric system: on the other hand, uses the meter, defined precisely as 1,650,763.73 wavelengths of orange-red light emitted by the krypton - 86 atom, or originally one-ten-millionth the length of the longitude from the North Pole to the Equator.

Meter: is exactly 39.37 inches - or, that is, some 118 barleycorns.





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Product	Variety Available	Preparation	Age
Camomille	<ul style="list-style-type: none"> Sachets *24 Granules 180g 	Diffuse in boiled water	Any age
Cereals	<ul style="list-style-type: none"> Crema di riso 200gr Semolino 200gr 4 Cereali 200gr Pappa lattea biscotto con frutta mista 250gr Pappa lattea riso mais mela e banana 250gr Crema di riso con verdure miste 200gr 	Mix with pre-boiled water or milk	4th month
Prima Pastina	<ul style="list-style-type: none"> Sabbiolina 320gr Forellini micron 320gr Bebi riso 300g 	Cook in broth or boiled water	4th month
Pastina	<ul style="list-style-type: none"> Puntine 340gr Gemmine 340gr Anellini 340gr Fili d'Angelo 340gr Astrine 340gr 		5th month
Jars fruit	<ul style="list-style-type: none"> Mela 120gr Bananas 120gr Mixed fruit 120gr Pera 120gr Prugna 80gr 	Spoon out amount desired into baby utensil	4th month
Jars food	<ul style="list-style-type: none"> Vegetable & Beef 120gr Vegetable & Chicken 120gr Filetto di Salmone con Verdure Miste 80gr 	Warm jar and feed	4th month
Concentrates	<ul style="list-style-type: none"> Manzo 120gr Vitello 120gr Coniglio 80gr Tacchino 80gr Pollo 80gr Manzo & Prosciutto 80gr 	Warm jar & add to pastina, cereal or fresh broth	4th month
Formaggini	<ul style="list-style-type: none"> Formaggino 80gr Formaggio con mela 80gr Formaggio banana e pera 80gr 	Serve alone or with pastina Serve after dinner or as a snack	4th month 5th month 5th month
Yoghurts/ Desserts	<ul style="list-style-type: none"> Yogurt con Pera 120gr Yogurt con Albicocca 120gr Yogurt con Banana 120gr Banana, apple, honey & biscuit 120gr 	Serve as midday snack. May be served chilled	4th month 5th/6th month
Juice drinks	<ul style="list-style-type: none"> Pera 125ml Albicocca 125ml Pesca 125ml Prugna 125ml Mela 125ml 	Can be given in beaker	4th month
Biscotti	<ul style="list-style-type: none"> PrimiMesi 300gr Biscotti 180gr or 360gr Junior yoghurt cacao 320gr 	In bottle As finger food or as snack Snack	3rd month 5th month 1st year



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